

SCIENTIFIC OPINION

by assoc. prof. Dr. Ruzha Zlatanova Pancheva-Dimitrova, MD, PhD
specialty "Nutrition and Dietetics", Department of "Hygiene and Epidemiology",
Faculty of Public health, Medical University "Prof. Dr. Paraskev Stoyanov "- Varna

Member of the Scientific Jury: by Order № P-109-391 / 20.09.2021 of Prof. Dr.
Valentin Ignatov, MD - Rector of the Medical University "Prof. Dr. Paraskev Stoyanov "-
Varna

Subject: Announced competition for the academic position of Associate Professor in
the specialty "Hygiene (including labor, communal, school, radiation, etc.)" (Bulgarian and
English language training), professional field 7.1. Medicine, field of higher education 7. Health
and sports - one, for the needs of the Educational Sector "Hygiene", Department of "Hygiene
and Epidemiology", Faculty of Public Health, at the Medical University of Varna, announced
in State Gazette No. 61 / 23.07.2021

Candidate (only one): Chief Assistant Professor Dr. Rositsa Hristova Chamova, Ph.D.

1. Brief biographical and professional data about the candidate

Assistant Dr. Rositsa Chamova was born in the town of Yambol in 1972, she graduated
Medicine at the Higher Medical Institute in Plovdiv in 1996. In the period 1996-2013 she
worked consecutively at the Center for Emergency medical care in Yambol and Varna. Since
2009 she has been part-time, and since 2013 an assistant on a labor contract at the Department
of Hygiene - MU-Varna. In 2006 she acquired the specialty "Emergency Medicine", and in
2017 - "Nutrition and Dietetics". In the period 2016/2017 Dr. Chamova was a PhD student on
independent training at the Department of Hygiene, and defended successfully with the topic
of the dissertation: "Breastfeeding and urinary tract infections in children under 3 years in
Varna." Since 2018, she has been a chief assistant at the Department of Hygiene and
Epidemiology.

Dr. Chamova participates very actively in teaching with practical exercises and lectures
in most master's and bachelor's programs in all faculties of MU-Varna and Medical College-
Varna. Her teaching experience covers all sections of the specialty Hygiene with a focus mainly
on environment and health, nutrition and dietetics, child development, communal hygiene - in
Bulgarian, English and Russian.

The candidate is a member of all Bulgarian scientific associations and societies meeting her scientific and professional interests such as the Bulgarian Society of Nutrition and Dietetics, the Bulgarian Society of Pediatric Gastroenterology, Hepatology and Nutrition, the Bulgarian Scientific Society of Public Health and their European equivalents. She has participated in their training courses and modules such as the Summer School of Pediatric Gastroenterology and Nutrition.

2. Evaluation of the scientific activity of the candidate

The list of Dr. Chamova's scientific works includes a total of 33 publications. After excluding the dissertation and publications until the academic position of a chief assistant, 1 monograph, 1 book on the topic of the dissertation, 5 publications in English in scientific journals, referenced and indexed in world-famous databases are available for review in this competition. 7 publications are in unreferenced Bulgarian journals or edited collective volumes. The presented full-text publications outside the minimum scientometric requirements are 2.

The scientific participations of Dr. Rositsa Chamova are 21 in national and international scientific events with 15 reports.

Citation, reflecting the scientific activity of the candidate - 8 (Academic reference for the publications, citations and scientific profiles of Dr. Rosica Chamova, MD, PhD- Department of Hygiene and Epidemiology, Faculty of Public Health, Medical University- Varna prepared in the Library of MU-Varna).

According to the provided documentary official scientific, educational and teaching information, the candidate meets the qualitative and quantitative criteria for holding the academic position of "Associate professor" required by the Law for the Development of academic staff in the Republic of Bulgaria and the Regulations for Development of the academic staff of MU-Varna.

3. Main contributions to scientific works

The contributions of the scientific works of Dr. Chamova can be grouped in the following main scientific directions:

- ✓ Importance of healthy eating before and during pregnancy

Nutrition of the pregnant woman and metabolic programming of diseases

Influence of dietary intake of choline during pregnancy on the brain development of the offspring

Pregnancy and nutritional supplements

Study of the eating habits of women of childbearing age from the city of Varna

- ✓ Breastfeeding - a behavioral factor with extremely beneficial health consequences for the child and the mother:

Protective effect of breast milk on urinary tract infections up to three years of age

Prevention of urinary tract infections in children up to three years of age through breastfeeding

Probiotics and breast milk

Fat-soluble vitamins in breast milk

Antioxidant activity of breast milk

- ✓ Health benefits from the consumption of bee products:

Role of royal jelly for human health

Study the frequency of honey consumption

- ✓ Hygiene of children and adolescents:

Working capacity of primary school students, trained in different ergonomic conditions

- Varna

Assessment of anthropometric nutritional status of pupils in primary school from Varna

- ✓ Study of eating habits of different groups of the population:

Study of eating habits among workers at different levels of psycho-emotional stress

Nutrition - a significant factor in bone health

4. Reflection of the teaching work of the candidate

Dr. Rossica Chamova has a total of nearly 10 years of teaching experience, of which over 3 years he is a senior assistant at MU - Varna. The high professional qualification in "Nutrition and Dietetics" and the scientific interests in the field of nutrition of pregnant women, children, hygiene of children and adolescents and disease prevention in adults are realized in the teaching of complex and specific subjects in the field of hygiene and ecology. She trains students, interns and graduates from the Faculty of Public Health, the Faculty of Medicine, the Faculty of Dental Medicine, and the specialties from the Medical College Varna, with an average workload in recent years over 400 hours. Which is way above the mandatory norm of 360 hours/year. The range of subjects in the teaching palette of Dr. Chamova includes: **Practical exercises:** "Hygiene and Ecology" - for the specialty Medicine (in Bulgarian and English); Rehabilitator; Nurse; Midwife, "Environment and Health" - Health Management - Bachelor; "Environment, nutrition and health" - Health Management and Medical and Social Care -

Master, "Nutrition and Health" - Health Management - Bachelor; "Nutrition and Dietetics" – Rehabilitation, thalassotherapy, wellness and spa- Master "Hygiene and Ecology of Health Institutions" – Management of healthcare- Master, "Pharmaco-medical aspects of nutrition" - Pharmaceutical management and care - Master. Dr. Chamova's *lectures* are in the disciplines "Communal Hygiene", "Food Hygiene" - Inspector of Public Health, "Environment, Nutrition and Health" - Health Management - Bachelor, "Hygiene of Hospitals and Nosocomial Infections" - Health Management - Bachelor, "Environment, Nutrition and Health" - Health Management and Medical and Social Care - Master, "Hygiene and Ecology" - Nurse and Midwife, "Medical Ecology" - Medical Cosmetician, "Hygiene and Safety of Laboratory Work" - Medical laboratory assistant, "Hygiene and ecology" - X-ray laboratory assistant, "Hygiene and ecology of health care facilities" - Management of healthcare - bachelor, "Environment and health" - Public health - masters in Russian language training.

Dr. Chamova actively participates in various forms of training of interns, postgraduates and doctoral students in "Nutrition and Dietetics", Continuous medical education training (member of the organizational and teaching team) in: Breastfeeding support, Nutrition during the first 1000 days, Nutrition in children with type 1 diabetes, she has been a scientific advisor of one master degree thesis and a reviewer in the Master's programs of MU-Varna.

5. Personal impressions of the candidate:

I know Dr. Chamova as a colleague from the time of her teaching at the Department of Hygiene and as her scientific consultant. She showed ethics, precision and careful attitude to colleagues and students, she was involved in initiatives of the department. I believe that she deserves to be supported in her path, and that she, in turn, will share her experience and scientific knowledge with the next generation of researchers.

6. Conclusion:

The summarized analysis of the aspects presented above shows that the scientometric indicators, professional qualification and social engagement of Dr. Rositsa Chamova, MD, PhD fully meet the requirements of the Regulations on the terms and conditions for obtaining scientific degrees and holding the academic position of Associate Professor at the Medical University Prof. Dr. Paraskev Stoyanov - Varna.

Therefore, and due to my personal positive impressions of her academic precision and seriousness, and professional collaborative character, I recommend the esteemed members of the Scientific Jury to vote positively for the position of the candidate Dr. Rositsa Chamova,

MD, PhD for the academic position Associate Professor at the Medical University Prof. Dr. Paraskev Stoyanov - Varna for the needs of the Education Sector Hygiene, Department of Hygiene and Epidemiology at the Faculty of Public Health, the Medical University - Varna.

Varna, November 5, 2021

Signature: 

Assoc. Prof. Dr. Ruzha Pancheva-Dimitrova, MD, PhD